

rec'd 3/1/94
from
HLM
[illegible]

Naval
Supply Systems
Command

NAVSUP
Publication 580
April 1993 Edition

COG I Stock No.
0530-LP-189-5100

NAVY FOOD SERVICE SYSTEMS OFFICE FAT, CHOLESTEROL, AND CALORIE LIST FOR GENERAL MESSES



REPRINT OF FEBRUARY 1994

0530LP1895100



)

,

,

)

,

)

**NAVY FOOD SERVICE SYSTEMS OFFICE
FAT, CHOLESTEROL, AND CALORIE LIST
FOR
GENERAL MESSES**

NAVSUP PUBLICATION 580

**NAVY DEPARTMENT
NAVAL SUPPLY SYSTEMS COMMAND
1931 JEFFERSON DAVIS HIGHWAY
ARLINGTON VA 22241-5360, 30 Apr 1993**

This publication is issued for information for Navy general mess personnel.

The Navy Food Service Systems Office (NAVFSSO) Fat, Cholesterol and Calorie List for General Messes provides food service personnel with up-to-date fat, cholesterol and calorie information for Armed Forces Recipe Service (AFRS) Revision recipes (NAVSUP P-7) and for non-recipe food items normally found on general mess serving lines. It also provides the "healthy" choices reduced calorie meal plan.

This publication can be used as guidance for menu planning as well as nutrition education.

A handwritten signature in black ink, appearing to read 'R. R. Bidwell', with a stylized, cursive script.

**R. R. BIDWELL
Captain, SC, USN
Deputy Commander
Naval Supply Systems Command**

INTRODUCTION

The purpose of this publication is to provide a resource for calorie, fat and cholesterol nutrient information. The text includes general information, charts and nutrient data for calories, fat and cholesterol for selected foods and to Armed Forces Recipe Service (AFRS) recipes through Change 4 most commonly served in Navy general messes. The information can be used by general messes as guidance for menu planning and for nutrition education,

It is recommended that this publication be used in conjunction with Food Service Operations, NAVSUP PUB 421, Chapter 5 and Navy Nutrition and Weight Control Guide, NAVPERS 15602. This edition supersedes NAVSUP PUB 580 dated 10 July 1992 and the Errata to Pub 580 dated 6 August 1992.

Extra copies of this publication can be ordered via MILSTRIP from the Naval Publications and Forms Directorate, Naval Aviation Supply Office, 5801 Tabor Avenue, Philadelphia, PA 19111-5098. The stock number is 0530-LP-189-5100. Requests to be added to the automatic distribution list to receive future updates should be forwarded to:

Commanding Officer
Navy Food Service Systems Office
Attn Code T
901 M Street S E
Washington, DC 20374-5049

SOURCES FOR NUTRIENT INFORMATION

The nutrient values in this publication were derived from computer analysis using NAVFSSO's Automated Nutrient Data Analysis (ANDA) system. The nutrient data is based primarily on information from the U.S. Department of Agriculture (USDA), *Composition of Foods*, Handbook No. 8 Series and Handbook No. 456. Other resources were Bowes and Church's *Food Values of Portions Commonly Used*, 15th edition, revised by Jean A.T. Pennington, and manufacturer's data. The science of nutrition and methods of nutritional analysis are dynamic. Therefore, some of the caloric and fat values in this edition may vary from the July 1992 edition of NAVSUP P-580.

ACKNOWLEDGEMENTS

NAVFSSO would like to thank the following registered dietitians for their technical assistance and review of the manuscript: CDR Elaine L. Tzavaras, MSC, USN; LT Laurie Cutlip, MSC, USN; CDR Faythe Weber, MSC, USN; LCDR Donald Williamson, MSC, USN; and LCDR Denise E. Weber, MSC, USN.

Marjorie Kehoe, Director, Food and Nutrition Programs Division, NAVFSSO and Chairman, Armed Forces Recipe Service Committee, and Genie Wagner, R. D., NAVFSSO staff dietitian also provided technical review. Mrs. Shirley Yates, NAVFSSO, performed the layout and design and prepared the manuscript for press.

*This Guide was developed by
Carol M. Mergen, M. S., R.D., L.D.
Staff Dietitian
Navy Food Service Systems Office
Washington, DC 20374-5049*

FAT, CHOLESTEROL AND HEALTH

“Choose a diet low in fat, saturated fat, and cholesterol. ” This guideline is one of seven Dietary Guidelines for Americans listed below. It stresses the need for many Americans to change their diets to be lower in fat and calories. Why? High blood cholesterol levels may increase the risk of heart disease and stroke. The way diet affects blood cholesterol varies among individuals. However, blood cholesterol does increase in most people when they eat a diet high in fat and excessive in calories. Of these dietary saturated fat has the greatest effect; dietary cholesterol has less. Excess dietary fat is also associated with increased risk for certain types of cancer.

Reducing dietary fat is an especially good idea for those limiting calories. A diet low in fat makes it easier to include the variety of foods needed for nutrients without exceeding calorie needs. Fat contains over twice the calories of an equal amount of carbohydrates or protein. *Fat is fattening?*

Most health authorities recommend no more than 30 percent of calories should come from fat, less than 10 percent of calories from saturated fat. This goal applies to the diet over several days, not to a single meal or single food. Some foods that contain fat, saturated fat and cholesterol, such as meats, milk, cheese, and eggs, also contain high quality protein and are our best sources of certain vitamins and minerals. Lowfat choices of these foods are lean meat and lowfat milk and cheeses. To eat less fat and saturated fat, choose lowfat dairy products, lean cuts of meat, chicken and fish. Dairy products that are low in fat are also lower in saturated fat. The fat from poultry or fish is, in general, more unsaturated than beef fat or butter fat. Use fats and oils sparingly to reduce total fat. *The key is variety and moderation.* One way to assure variety -- and with it, an enjoyable and nutritious diet -- is choose different foods from the five food groups daily .-The major groups used here are the following:

- . Vegetables
- . Fruits
- Breads, cereals, rice and pasta
- Milk, yogurt, and cheese
- Meats, poultry, fish, dry beans and peas, eggs and nuts

A varied diet includes foods from each of these groups everyday. It should also have different foods within groups, too.

DIETARY GUIDELINES FOR AMERICANS ^{1/}

- *Eat a variety of foods*
- *Maintain healthy weight*
- *Choose a diet low in fat, saturated fat and cholesterol*
- *Choose a diet with plenty of vegetables, fruits, and grain products*
- *Use sugars only in moderation*
- *Use salt and sodium only in moderation*
- *If you drink alcoholic beverages, do so in moderation*

^{1/} Nutrition and Your Health: Dietary Guidelines for Americans, Third Edition, 1990, U.S. Department of Agriculture, U.S. Department of Health and Human Services.

SOME COOKING TIPS TO REDUCE FAT, CALORIES, AND CHOLESTEROL

- **Use nonfat dry (skim) milk**
- **Steam, simmer, or bake vegetables; or for a change, stir fry in a small amount of vegetable oil**
- **Season vegetables with herbs and spices rather than with sauces, butter or margarine, or bacon drippings**
- **Choose lean cuts of meat**
Roast, bake, broil, or simmer meat, poultry, or fish most of the time
- **Trim fat from meat before and/or after cooking**
- **Remove skin from poultry before or after cooking**
- **Cook meat or poultry on a rack so the fat will drain off**
- **Limit egg yolks to one per serving when making scrambled eggs. Use additional egg whites for larger servings (new American Heart Association recommendations suggest limiting egg yolks/whole eggs to four per week.)**
- **Substitute plain lowfat yogurt in recipes that call for sour cream**
- **Remember, smaller meat portions have smaller amounts of fat, calories and cholesterol**
- **Drain or skim off fat from ground beef before adding it to spaghetti sauce or other mixed dishes**
- **Trimming the visible fat from meat and removing the skin and fat from chicken, turkey, and other poultry also reduces saturated fat**
- **Check the Armed Forces Recipe Service directions for additional tips in reducing fat, calories**

WORDS TO KNOW ^{1/}

1. **Cholesterol** is a soft, waxy substance. It is made in sufficient quantity by the **body** for normal body function, including the manufacture of hormones, bile acid and vitamin D. Cholesterol also carries vitamins A, D, E, and K.
 - *Blood Cholesterol* is manufactured by the liver and is absorbed from food. A high level of blood cholesterol leads to atherosclerosis and coronary heart disease. Blood or serum cholesterol and plasma cholesterol all refer to the same thing -- the cholesterol that circulates in the blood.
 - *Dietary Cholesterol* is in the food we eat. It is found only in foods of animal origin. Cholesterol is not found in foods of plant origin such as fruits, vegetables, grains, nuts, seeds, and dry beans and peas. Dietary cholesterol, like saturated fat, tends to raise blood cholesterol, which increases the risk of heart disease.
2. **Coronary Heart Disease** - Heart ailment caused by narrowing of the coronary arteries (arteries that supply oxygen and nutrients directly to the heart muscle). Coronary heart disease is caused by atherosclerosis, which decreases the blood supply to the heart muscle.
3. **Fat** - One of the three nutrients that supply calories to the body, fat provides nine calories per gram, more than twice the number provided by carbohydrate or protein, which contain four calories per gram. Fat aids in the absorption of certain vitamins. Some fats provide linoleic acid, an essential fatty acid which is needed by everyone in small amounts. Too *much* dietary fat is linked with heart disease, obesity and certain types of cancer.
 - *Total Fat* is the sum of the saturated, monounsaturated and polyunsaturated fats present in food. A mixture of all three in varying amounts is found in most foods. An amount of total fat that provides 30 percent or less of calories is recommended by nutrition authorities.
 - *Saturated Fat* is found in foods of animal origin and some vegetable oils, including coconut and palm oils. Saturated fat usually hardens at room temperature. Most saturated fats raise blood cholesterol.
 - *Monounsaturated Fat* is unsaturated and is found in olive, peanut and canola (rapeseed) oil. Monounsaturated fat is usually liquid when refrigerated. When substituted for saturated fat, monounsaturated fats may help reduce blood cholesterol.
 - *Omega-3 Fatty Acid* is a polyunsaturated fatty acid which is a unique component of fish. Recent studies show that including fish in our diets may lower blood cholesterol. Good sources of omega-3 fatty acids include cold water/marine fish such as tuna, haddock, mackerel, salmon, and sea trout. Seafood is also low in saturated fat.
 - *Polyunsaturated Fat* is found in greatest amounts in foods from plants including safflower, sunflower, corn and soybean oils. When substituted for saturated fat, polyunsaturated fat may help reduce blood cholesterol as long as total fat calories remain below 30 percent.

^{1/} Adapted from US Department of Health and Human Services, NIH Publication No. 87-2920, September 1987, *Eating to Lower Your High*

4. **Gram (g)** - A unit of weight. There are approximately 28.35 g (often rounded to 28g) in 1 ounce. *Dietary fats, proteins and carbohydrates are measured in grams.*

5. **Milligrams (mg)** - A unit of weight equal to one-thousandth of a gram. There are approximately 28,350 mg in 1 ounce. *Dietary cholesterol is measured in milligrams.*

6. **Hydrogenation** - is a chemical process that changes liquid vegetable oils (unsaturated fat) into a more solid **saturated fat**. This process improves the product's shelf life but it also increases the saturated fat content. Examples of hydrogenated oils are margarine, shortening, and peanut butter.

7. **Lipoproteins** are protein-coated "packages" that transport cholesterol in the blood stream.

- *High density lipoproteins (HDLs)* carry cholesterol away from body tissues to the liver where it can be removed from the body. High *HDL* levels may mean a decreased risk of heart disease.
- *Low density lipoproteins (LDLs)* are responsible for depositing cholesterol in the artery walls. High *LDL* levels are associated with an increased risk of coronary heart disease.

Reducing dietary fat will also help you control your weight, since fats, ounce for ounce, contain twice as many calories as protein or cholesterol. *Fat is fattening.*

AMOUNT OF FAT THAT PROVIDES 30 PERCENT OF CALORIES AT SPECIFIED CALORIE LEVELS

An amount of total fat that provides 30 percent or less of calories is a suggested goal for American diets. Thus, the upper limit on the grams of fat in your diet depends on the calories you need. For example, at 2,000 calories per day, your suggested upper limit is 600 calories from fat ($2,000 \times .30$). This is equal to 67 grams of fat ($600 \text{ divided by } 9$), the number of fat calories each gram of fat provides.

CALORIES per day

Amount of Fat (g) that provides 30% of calories

CALORIES

1,200
1,500
1,800
2,000
2,500
3,000
3,500
4,000
4,500

GRAMS

40
50
60
67
83
100
117
133
150

NOTE: A rough means of determining an acceptable intake of fat (in grams) is to divide a person's ideal lean body weight by 2. For example, if your ideal body weight is 170 *lbs*, an acceptable fat intake would be 85 grams.

Hidden FAT

Generally a tablespoon of fat is approximately 100 calories and 11 grams of fat. Some fats are visible, such as the marbling in meats. Some fats are hidden.

FOOD	FAT (g)	CHOLESTEROL (mg)
1 tbsp butter	11	31
1tbsp margarine	11	0
1tbsp salad oil (all kinds)	11	0
1tbsp vegetable shortening	11	0
1tbsp sour cream	3	12
1tbsp salad dressing (mayonnaise type)	5	4
1tbsp mayonnaise	11	5
1 oz Cheddar cheese	9	30
1 oz American cheese	9	27
1 cup coconut, dried	33	0
1 tbsp pecans	5	0
1 hot dog	17	27
1 slice bologna	8	16
1 raised doughnut	11	17
1 croissant	12	13
1oz potato chips	11	0
2 oz corn chips	22	0

Note: Many margarine are lower in saturated fat and higher in unsaturated fat than butter. However, the total grams of fat are the same. *Margarine does not have fewer calories than butter.*

All vegetable oils are free of cholesterol. "No cholesterol" does not mean "no fat." The vegetable oils from palm kernel, coconut, and palm, as well as cocoa fat, contain large proportions of saturated fat.

"Lite," "fat free" can often be misleading. For example, 80% fat-free bologna is not necessarily low in fat. Here, 80% refers to weight, not percentage of calories, so more than half the calories could still come from fat.

CHOLESTEROL CHART

Cholesterol is found only in animal foods.

	<u>Cholesterol</u>
<i>Fruits, grains, vegetables</i>	<i>0 mg</i> LOW
<i>Oysters (cooked, about 3¹/₂ oz)</i>	45 mg
<i>Scallops (cooked, about 3¹/₂ oz)</i>	53 mg
<i>Clams, (cooked, about 3¹/₂ oz)</i>	<i>65 mg</i>
<i>Fish, lean (cooked, about 3¹/₂ oz)</i>	<i>65 mg</i>
<i>Chicken/Turkey, light meat (without skin)</i> <i>(cooked, about 3¹/₂ oz)</i>	<i>80 mg</i>
<i>Lobster (cooked, about 3¹/₂ oz)</i>	<i>85 mg</i>
<i>Beef, lean (cooked, about 3¹/₂ oz)</i>	<i>90 mg</i>
<i>Chicken/Turkey, dark meat (without skin)</i> <i>(cooked, about 3¹/₂ oz)</i>	<i>95 mg</i>
<i>Crab (cooked, about 3¹/₂ oz)</i>	<i>100 mg</i>
<i>Shrimp (cooked, about 3¹/₂ oz)</i>	<i>150 mg</i>
<i>Egg Yolk, one</i>	<i>213 mg</i>
<i>Beef Liver (cooked, about 3¹/₂ oz)</i>	<i>440 mg</i> HIGH

Reprinted from "Facts About Blood Cholesterol: U.S. Department of Health and Human Services, Public Health Service, National Institute of Health Publication No. 85-2696.

Example: **HOW TO CALCULATE FAT GRAMS IN A RECIPE**

BAKED MACARONI AND CHEESE

		FAT
		(g)
	8 oz macaroni	1
	4 tbsp butter or margarine	44
11 gram/tbsp	3/4 cup fresh bread crumbs	trace
	1 small onion	0
	1 tbsp general purpose flour	0
	1/2 tsp salt	0
	1/4 tsp dry mustard	0
	1/8 tsp pepper	0
	1 1/2 cups skim milk	0
	9 grams/oz Cheddar cheese	72
	Total	117 grams

Four - main dish (1 cup servings contains 30 grams fat

Eight - side dish (1/2 cup) serving contains 15 grams fat

NOTE: To find calories, multiply fat grams by 9.

SALAD BAR ALERT

The fresh vegetables and fruits on the salad bar contain no fat (except for avocados), no cholesterol and negligible calories. The Dietary Guidelines for Americans recommends that adults eat at least three servings of vegetables and two servings of fruits daily. The salad bar can make a significant contribution to healthy, low fat diets. The chart below lists some items on the salad bar which should be selected in moderation. A salad heaped with cheese and olives, for example, can become laden with fat calories.

SALAD BAR ITEM	FAT (g)	CHOLESTEROL (mg)
Bacon bits, 2 tbsp	5	0
Cheese, shredded, American, 1/4 cup	9	30
Cheese, shredded, Cheddar, 1/4 cup	9	30
Chow mein noodles, 1/4 cup	4	0
Egg, hard cooked, 1 each	5	213
Olives, green, 1/4 cup	4	0
Olives, black, pitted, 3 each	2	0
Pepperoni, 3 slices	7	13

SNACK FOOD ALERT

SNACK FOOD	Calories	Fat (g)	Cholesterol (mg)
Beans & franks, 7 3/4 oz cn	312	14	13
Cheese puffs, 4 oz bg	640	40	0
Chocolate snack cake, 2 each	253	11	? *
Corn chips, 3/4 oz bg	260	17	?
Crackers, cheese, sandwich, 3 each	115	6	?
Crackers, (Ritz-type) 3 each	52	3	?
Granola bar, 1 each	130	5	?
Ice cream, (gourmet-type), 1/2 cup	175	12	44
Ice cream sandwich, 1 each	167	6	?
Peanuts, roasted, 3 1/2 oz	575	49	0
Pie, individual, 1 each	408	20	19
Popcorn, popped, plain, 3 cups	69	1	0
Popcorn, prepopped, 4 oz bg	559	29	0
Popcorn, prepopped, cheese flv., 4 oz bg	609	38	0
Potato chips, 1 oz	164	13	0
Potato sticks, 5 1/2 oz (1 cn)	845	54	0
Potted meat, 4 1/2 oz cn	271	22	?
Pretzels, 2 1/2 oz bg	281	3	?
Tortilla chips, 1 3/4 oz bg	242	13	0

* Manufacturer's data not available.

COMPARISON OF FAT CONTENT OF VARIOUS MEALS

BREAKFAST

HIGH

Orange juice
Cheese Omelet
Sausage (2 links)
Hashed brown potatoes
Raised doughnut
Lowfat (1%) milk (1 cup)
Coffee
w/2 tsp nondairy creamer

Calories: 1002 kcal
Fat: 58 g
Cholesterol: 293 mg

Fat = 52% of calories

LOW

Orange juice
2 pancakes
Blueberry fruit topping
2 slices Canadian bacon
Lowfat (1%) milk (1 cup)
Coffee

Calories: 608 kcal
Fat: 18 g
Cholesterol: 150 mg

Fat = 27% of calories

LOWER

Orange juice
Banana
Cereal, ready-to-eat,
unsweetened
English muffin
1 pat butter*
Strawberry jam
Lowfat (1%) milk
(1 cup)*
Coffee

Calories: 632 kcal
Fat: 12 G
Cholesterol: 50 mg

Fat = 17% of calories

By selecting **skim milk and margarine in this breakfast meal, **fat is reduced** to 10 grams and **cholesterol to 36 mg**. Fat = 15% of calories.*

COMPARISON OF FAT CONTENT OF VARIOUS MEALS

LUNCH

HIGH

Bean w/bacon soup
Bacon cheeseburger on bun
w/condiments
French fried potatoes
Tossed green salad
Thousand Island dressing
Chocolate ice cream
Lowfat (1%) milk

Calories: 1280 kcal
Fat: 67 g
Cholesterol: 83 mg

Fat = 47% of calories

LOW

Chicken noodle soup
Cheeseburger on bun
w/condiments
Baked pork and beans
Tossed green salad
Lowfat, low calorie
Thousand Island
dressing
Lowfat frozen yogurt
Lowfat (1%) milk

Calories: 748 kcal
Fat: 26 g
Cholesterol: 78 mg

Fat = 310/0 of calories

LOWER

Chicken noodle soup
Hamburger on bun
w/condiments
Baked pork and beans
Tossed green salad
Lowfat, low calorie
Thousand Island
dressing
Fresh fruit
Skim milk

Calories: 532 kcal
Fat: 9 G
Cholesterol: 29 mg

Fat = 15% of calories

COMPARISON OF FAT CONTENT OF VARIOUS MEALS

DINNER

HIGH

Batter fried chicken
 French fries
 Cream style corn
 *Tossed green salad
 w/some bacon bits,
 shredded cheese,
 hard cooked egg,
 black olives
 2 tbsp French dressing
 Dinner roll
 2 pats butter
 Apple pie

Calories: 1986 kcal
 Fat: 114 g
 Cholesterol: 576 mg

Fat = 52% of calories

LOW

Roasted chicken with skin
 Rice pilaf
 Cream style corn
 Tossed green salad
 w/vegetables
 1 tbsp French dressing
 Dinner roll
 1 pat butter
 2 Oatmeal raisin cookies

Calories: 1001 kcal
 Fat: 41 g
 Cholesterol: 143 mg

Fat = 37% of calories

LOWER

Roasted chicken
 (skin removed)
 Rice pilaf
 Cream style corn
 Tossed green salad
 2 tbsplowfat/low
 calorie French
 dressing
 1 pat butter
 Fresh apple
 2 Oatmeal raisin
 cookies

Calories: 848 kcal
 Fat: 24 g
 Cholesterol: 115 mg

Fat = 25% of calories

**See Salad Bar Alert, page 9*

APPROXIMATE CALORIES, FAT AND CHOLESTEROL CONTENT OF SELECTED FOODS

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
BEVERAGE				
Coffee, black	6 floz	4	0	0
Fruit flavored drinks, swtnd	6 floz	88	0	0
Fruit flavored drinks, sugar free	6 floz	5	0	0
Soft drinks, swtnd	12 fl oz	151	0	0
Soft drinks, sugar-free	12 fl oz	1	0	0
Tea, plain	6 floz	2	0	0
BREADS & ROLLS, PASTRY (commercial)				
Bagel	1	200	0	0
Biscuit	1	155	7	3
Bread				
Buns, frankfurter/hamburger	1 roll	115	2	tr
Cornbread	2" sq	112	5	29
French	1/2" sl	73	1	0
Pita	1 avg	182	1	0
Rye, pumpernickle	1 sl	61	1	0
Wheat	1 sl	56	1	0
White	1 sl	68	1	0
Doughnuts				
Cake	1	156	7	24
Glazed	1	184	8	20
Muffins				
Blueberry	1	140	4	21
Bran	1	140	3	30
English	1	182	4	30
Plain	1	131	5	18
Rolls				
Dinner	1	83	2	2
Sweet	1	219	4	2
CEREALS, READY TO EAT (w/o milk)				
Bran flakes	3/4 c. (1 oz)	92	1	0
Captain Crunch type	3/4 c. (1 oz)	121	3	0
Cheerios type	1 1/4 c. (1 oz)	111	2	0
Corn Flakes	1 1/4 c. (1 oz)	110	0	0
Frosted Flakes	3/4 c. (1 oz)	108	0	0
Granola	1/4 c. (1 oz)	127	4	0
Shredded wheat	2/3 c. (1oz)	100	1	0

tr = trace ? = manufacturer's data not available

FOOD ITEM	PORTION SIZE	KCAL	FAT (g)	CHOL (mg)
CONDIMENTS				
Catsup	1 Tbsp	18	0	0
Mustard	1 Tbsp	12	1	0
Olives, canned				
green	4 med	15	2	0
ripe, pitted	3 sml	15	2	0
Pickles				
dill	1 med	7	0	0
sweet	1 lg	50	0	0
relish	1 pkt	7	0	0
Tartar sauce	1 Tbsp	45	4	4
DAIRY FOODS & EGGS				
Cheese				
American	102	106	9	27
Blue	102	100	8	21
Cheddar	102	114	9	30
Cream cheese	102	99	10	31
Cottage cheese, lowfat	102	26	1	2
Monterey Jack	102	106	9	22
Mozzarella	102	72	5	16
Parmesan, romano, grated	102	129	9	22
Parmesan, grated	1 Tbsp	23	2	4
Provolone	102	100	8	20
Swiss	1 oz	107	8	26
Cream				
Half and half	1 Tbsp	20	2	6
Cream, whipping, unwhipped	1 Tbsp	51	6	20
Cream, whipping, whipped	1/4 c.	103	11	41
Sour cream	2 Tbsp	62	6	13
Ice Cream				
Chocolate	1 cup	310	14	38
Vanilla	1 cup	269	14	60
Novelty	1 ea	165	11	?
Sherbet	1 cup	270	4	13
Soft serve	1 cup	224	5	14
Ice milk	1 cup	183	6	18
Milk				
Buttermilk	1 cup	98	2	10
Chocolate, lowfat	1 cup	180	5	18
Lowfat, 1 % fat	1 cup	102	3	10
Lowfat, 2% fat	1 cup	122	5	20
Skim	1 cup	86	0	5
Whole, 3.25% average fat	1 cup	149	8	34
Yogurt				
Plain, lowfat	1 cup	143	4	14
Fruit varieties, lowfat	1 cup	225	3	9

FOOD ITEM	PORTION SIZE	KCAL	FAT (g)	CHOL (mg)
Eggs				
Egg white	1 white	16	0	
Fried	1 egg	90	7	21
Hard cooked	1 egg	78	5	213
Scrambled	1 egg	103	8	218
Scrambled (1 whole & 2 egg whites)	1 serv	115	5	218
DESSERTS (commercial)				
Cakes				
Angel food	1 pc	135	0	0
Carrot	1 pc	200	12	31
Cheesecake	1 pc	470	34	159
Chocolate (w/frosting)	1 pc	239	9	40
Fruit	1 pc	150	11	0
Gingerbread	1 pc	200	7	0
Pound	1 pc	300	18	134
Yellow (w/frosting)	1 pc	232	8	39
Cookies				
Brownies	1	240	10	10
Chocolate chip	1	52	3	5
Cream sandwich	1	40	2	?
Oatmeal	1	57	3	9
Sugar	1	47	2	7
Pies				
Apple	1 pc	300	13	1
Banana cream	1 pc	314	13	108
Blueberry	1 pc	308	13	4
Boston cream	1 pc	300	10	96
Chocolate cream	1 pc	310	13	108
Lemon meringue	1 pc	324	9	45
Pecan	1 pc	478	20	141
FATS AND OILS				
Bacon fat	1 Tbsp	135	15	14
Butter	1 pat/1tsp	35	4	11
Butter	1 stk (1/2 c)	810	92	247
Margarine	1 pat/1tsp	35	4	0
Olive oil	1 Tbsp	125	14	0
Salad oil	1 Tbsp	125	14	0
Shortening	1 Tbsp	125	14	0

FOOD ITEM	PORTION SIZE	KCAL	FAT (g)	CHOL (mg)
MEATS, FISH & POULTRY (<i>values for meats cooked w/o added fat</i>)				
Meat				
Beef, cooked				
Corned, pastrami	1 oz	70	5	28
Ground, beef, lean	1 oz	76	5	22
Liver	1 oz	46	1	110
Rib or rib eye, roast/steak				
meat and fat	1 oz	84	6	24
meat only, fat trimmed	1 oz	64	3	23
Ribs (short ribs)				
meat and fat	1 oz	134	12	27
meat only, fat trimmed	1 oz	84	5	26
Round or rump, roast/steak				
meat and fat	1 oz	78	5	24
meat only, fat trimmed	1 oz	55	2	23
Sirloin tip				
meat and fat	1 oz	79	5	26
meat only, fat trimmed	1 oz	54	2	25
Steak, sirloin, tenderloin				
meat and fat	1 oz	79	5	26
meat only, fat trimmed	1 oz	54	2	25
Stew meat				
meat and fat	1 oz	69	3	22
meat only, fat trimmed	1 oz	57	2	22
Lamb, cooked				
meat and fat	1 oz	83	6	27
meat only, fat trimmed	1 oz	58	3	26
Pork, cooked				
Bacon	1 sl	43	4	6
Canadian bacon	1 oz	45	2	14
Fresh pork (<i>except tenderloin</i>)				
meat and fat	1 oz	78	5	27
meat only, fat trimmed	1 oz	39	2	17
Fresh tenderloin	1 oz	47	1	26
Ham, canned	1 oz	54	4	11
Ribs, back or spare	1 oz	113	9	34
Veal cooked				
meat and fat	1 oz	65	3	32
meat only, fat trimmed	1 oz	56	2	33
Cold cuts and Sausages				
Hot dog	1 med	141	13	22
Lunch meat (<i>bologna, pickle&pimento /oaf, etc.</i>)	1 oz	90	8	16
Pepperoni	1 oz	141	13	22
Salami	1 oz	71	6	18
Italian sausage	1 ea	213	17	51
Knockwurst sausage	1 oz	87	8	16
Polish sausage	1 oz	92	8	20
Pork link	1 link	44	4	10

FOOD ITEM	PORTION SIZE	KCAL	FAT (g)	CHOL (mg)
FISH and SEAFOOD (values are for fish & seafood cooked w/o added fat)				
Bass, brook, trout,	4 oz	120	1	62
Cod, flounder,	1 oz	35	0.25	12
Grouper, haddock,				
Halibut, mahimahi,				
Orange roughy, perch				
Red snapper, rock fish				
Scrod, sole, fresh tuna				
Bluefish, brown trout,	1 oz	35	0.25	12
Catfish, pompano, rainbow trout				
Sea trout, speckled trout, swordfish,				
Whitefish, yellowtail				
Clams (3 per oz), crab, lobster,	1 oz	40	1	19-25
Oysters (2 per oz), shrimp (4 per oz)				
Herring, mackerel, fresh salmon,	1 oz	60	4	21
Shad, lake trout				
Sardines, canned in oil, drained	1 oz	59	3	25
Salmon, canned, pink	3 oz	120	5	34
Tuna, canned in water	3 oz	135	1	48
POULTRY (values are for poultry cooked w/o added fat)				
Chicken breast				
with skin	1/2 ea (3.5 oz meat)	97	4	41
without skin	1/2 ea (3.02 oz meat)	71	2	37
Chicken drumsticks and thighs				
with skin	1 pc (2 oz)	108	6	46
without skin	1 pc (1.5 oz)	74	3	40
Duck				
with skin, roasted	1 oz	96	8	24
Turkey or chicken, dark meat				
with skin	1 oz	63	3	25
without skin	1 oz	53	2	24
Turkey or chicken, light meat				
with skin	1 oz	56	2	22
without skin	1 oz	45	1	20
NUTS AND PEANUT BUTTER				
Almonds, mixed nuts, peanuts, etc.	1 oz	167	15	0
Peanut butter	1 Tbsp	95	8	0
SALAD DRESSINGS				
Blue/Roquefort	1 Tbsp	84	9	0
low cal blue/Roquefort	1 Tbsp	59	6	11
French	1 Tbsp	96	9	8
low cal French	1 Tbsp	22	1	1
Italian	1 Tbsp	84	9	0
low cal Italian	1 Tbsp	3	0	0
Mayonnaise	1 Tbsp	99	11	7
Salad Dressing (Mayonnaise-type)	1 Tbsp	57	5	4
Russian	1 Tbsp	76	8	?
low cal Russian	1 Tbsp	23	1	1
Thousand Island	1 Tbsp	60	6	?
low cal Thousand Island	1 Tbsp	24	2	?

FOOD ITEM	PORTION SIZE	KCAL	FAT (g)	CHOL (mg)
FRUITS				
Fruit Bar Items				
Apple, fresh	1	80	0	0
Applesauce	1/4 cup	50	0	0
Apricots, fresh	2	40	0	0
Apricots, cn	3 halves	50	0	0
Blueberries, cn	1/2 cup	30	0	0
Cherries, fresh	1/2 cup	50	0	0
Cherries, drk, cn	1/2 cup	60	0	0
Coconut	1 Tbsp	30	2	0
Fruit cocktail	1/2 cup	70	0	0
Fruits chunks, mixed	1/2 cup	75	0	0
Grapefruit, fresh	1/2 ea	40	0	0
Grapefruit, cn	1/2 cup	75	0	0
Grapes, fresh, seed less	1/2 cup	60	0	0
Mangoes	1/2 cup	50	0	0
Melons				
Cantaloupe	1/4 ea	50	0	0
Cantaloupe, cut-up	1/2 cup	30	0	0
Casaba	1/8 ea	40	0	0
Honeyball	1/8 ea	40	0	0
Honeydew	1/8 ea	40	0	0
Watermelon, cut-up	1/2 cup	30	0	0
Watermelon	1 pc	136	0	0
Nectarines	1 ea	60	0	0
Orange, med	1 ea	60	0	0
Orange, sections	1/2 cup	30	0	0
Oranges, Mandarin	1/4 cup	30	0	0
Papa ya	1/2 cup	30	0	0
Peaches, fresh, med	1 ea	50	0	0
Peaches, cn	2 halves	90	0	0
Peaches, frz	1/2 cup	110	0	0
Pears, fresh	1 ea	90	0	0
Pears, cn	2 halves	66	0	0
Pineapple, fresh	1/2 cup	40	0	0
Pineapple, cn	1 sl	60	0	0
Plums, fresh	1 ea	40	0	0
Plums, cn	3 ea	70	0	0
Prunes, drained	3 ea	60	0	0
Raisins	1 Tbsp	30	0	0
Raspberries, frz	1/2 cup	125	0	0
Strawberries, fresh	1/2 cup	20	0	0
Strawberries, frz	1/2 cup	120	0	0
Tangerine	1 ea	40	0	0

APPROXIMATE CALORIES, FAT AND CHOLESTEROL CONTENT OF SELECTED RECIPES

FOOD ITEM	PORTION SIZE	KCAL	FAT (g)	CHOL (mg)
APPETIZERS				
Chinese egg roll	1	102	6	41
Cranberry & Apple jc cktl	1/2 cup	74	0	0
Cranberry & Orange jc cktl	1/2 cup	73	0	0
Pizza treats	1 sl	140	5	8
Shrimp cocktail	4 shrimp	96	1	106
Spiced shrimp	4 shrimp	61	1	106
Tomato jc cktl	4 0 2	24	0	0
Vegetable jc cktl	4 0 2	26	0	0
BEVERAGES				
Beverage base, powdered				
Cherry	8 0 2	86	0	0
Fruit punch	8 0 2	86	0	0
Grape	8 0 2	86	0	0
Lemonade	8 0 2	86	0	0
Lemon-lime	8 0 2	86	0	0
Orange	8 0 2	86	0	0
Strawberry	8 0 2	86	0	0
Beverage base, artificially sweetened (all flavors)	8 oz	0	0	0
Juices				
Apple	4 0 2	53	0	0
Cranberry	4 0 2	66	0	0
Grape	4 0 2	64	0	0
Grapefruit	4 oz	58	0	0
Grapefruit & orange	4 0 2	53	0	0
Orange	4 0 2	53	0	0
Pineapple	4 0 2	64	0	0
Tomato	4 0 2	21	0	0
Vegetable	4 0 2	23	0	0
Lemonade	10 oz	136	0	0
Limeade	10 oz	136	0	0
Orange & pineapple jc cktl	10 oz	82	0	0
Orangeade	10 oz	93	0	0
Other				
Cocoa, hot	8 0 2	197	9	2
Coffee, black	8 0 2	0	0	0
Tea, hot, unsweetened	8 0 2	0	0	0
Tea, iced, unsweetened	8 oz	0	0	0

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
BREADS & SWEET DOUGHS				
Bagel	1	288	1	0
Biscuits, baking powder	1	143	5	0
w/cheese	1	176	8	10
Breads				
Banana	1 sl	252	11	47
Corn	1 pc	225	8	38
Jalapeno	1 pc	233	9	40
French	2 sl	161	1	0
Irish soda	2 sl	325	9	51
Raisin	2 sl	191	2	0
Rye	2 sl	163	2	0
Texas toast	1 sl	85	0	0
Toasted garlic	2 sl	277	13	34
Toasted Parmesan	2 sl	297	15	38
White	2 sl	160	2	0
Whole wheat	2 sl	144	2	0
Buns, hot cross	1	157	5	22
Cakes, coffee				
Apple	1 pc	193	4	31
Crumb	1 pc	300	11	41
Quick	1 pc	257	8	31
Croutons				
Garlic	8	24	0	0
Parmesan	8	57	4	9
Doughnuts				
Beignets	2	195	4	12
Cake	1	150	4	23
Chocolate	1	146	3	23
Cinnamon sugar	1	177	5	23
Glazed	1	225	7	27
Longjohns	1	147	4	9
Raised	1	147	4	9
Sugar coated	1	185	4	23
Dumplings	2	173	5	0
French toast	2	347	17	313
Puff	2	275	8	39
Fritters, apple	2	154	5	25
Hush puppies	3	234	10	38

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
Muffins				
Apple	1	229	8	36
Blueberry	1	207	8	36
Bran	1	124	4	23
Raisin	1	152	4	23
Shredded	1	145	4	23
Cinnamon crumb	1	223	9	38
Corn	1	164	6	21
Cranberry	1	210	8	36
Date	1	223	8	36
English muffin	1	253	8	24
Nut	1	247	12	34
Oatmeal raisin	1	224	8	39
Raisin	1	224	8	36
Pancakes				
Blueberry	2	292	11	65
Buttermilk	2	248	7	67
Plain	2	246	6	64
Rolls				
Brown & serve	2	302	8	0
Hard	2	216	2	0
Hot	2	302	8	0
Oatmeal	2	310	9	0
Onion	2	280	5	0
Sweet	1	143	5	17
Whole Wheat	2	168	4	0
Sweet Dough recipes	1	185	6	22
Waffles	1	330	16	64
CEREALS & PASTA				
Cereals, hot				
Farina	3/4 cup	51	0	0
Hominy Grits	3/4 cup	70	0	0
Rolled oats	3/4 cup	70	1	0
Hominy, fried	1/3 cup	122	9	0
Pasta				
Boiled	1 cup	208	1	0
Noodles Jefferson	3/4 cup	246	10	60
Rice				
Filipino fried	3/4 cup	211	5	38
Hopping John	2/3 cup	167	2	2
Long grain & wild	3/4 cup	159	0	0
Lyonnaise	3/4 cup	206	2	0
Mexican	3/4 cup	207	5	0
Orange	3/4 cup	203	4	5
Pilaf	3/4 cup	185	4	5

FOOD ITEM	PORTION SIZE	KCAL	FAT (g)	CHOL (mg)
CEREALS & PASTA, cont.				
Rice, cont.				
Pork fried	3/4 cup	257	8	65
Red beans w/rice	1 cup	241	3	3
Shrimp fried	3/4 cup	193	3	70
Spanish	3/4 cup	168	4	2
Steamed	3/4 cup	161	0	0
Tossed green	3/4 cup	165	0	0
w/Parmesan cheese	3/4 cup	207	2	0
CHEESE & EGGS				
Cheese				
Macaroni & cheese	1 cup	409	20	56
Nachos	20 chips	397	26	47
Quiche, broccoli	1 sq	200	10	124
Quiche, onion & mushroom	1 sq	200	10	114
Eggs				
Cooked	1	78	5	213
Cooked	2	143	10	497
Deviled	2 halves	118	9	277
Foo Young	1 omelet	190	16	165
Fried	1	90	7	213
Fried	2	162	13	481
Omelet				
Bacon	1	218	18	503
Cheese	1	255	20	516
Green pepper	1	200	16	500
Ham	1	214	16	508
Ham & cheese	1	271	21	522
Onion	1	189	15	474
Plain	1	182	14	497
Tomato	1	180	14	471
Western	1	218	17	482
Poached	1	74	7	213
Poached	2	135	10	469
Scrambled	2	196	16	471
w/cheese	2	274	23	516
w/ham	2	233	18	508
Scrambled	1	66	5	172
CAKES				
Angel food	1 pc	140	0	0
Applesauce cake	1 pc	208	8	33
Banana cake w/butter cream frosting	1 pc	342	12	13
Carrot w/cream cheese frosting	1 pc	258	9	10
Cheese	1 pc	367	26	132
w/blueberry topping	1 pc	416	26	132
w/cherry topping	1 pc	404	26	132
w/sour cream topping	1 pc	397	29	138
w/strawberry topping	1 pc	426	26	132
Chocolate, easy	1 pc	235	9	75
w/butter cream frosting	1 pc	350	14	5
w/chocolate frosting	1 pc	358	14	5
Chocolate macaroon w/choc frosting	1 pc	520	17	35
Devil's food w/butter cream frosting	1 pc	351	16	73

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (9)</i>	<i>CHOL (mg)</i>
CAKES, cont.				
Florida lemon	1 pc	373	24	48
German choc w/coconut pecan frosting	1 pc	235	7	?
Gingerbread	1 pc	210	6	28
Pound	1 pc	270	14	75
Velvet	1 pc	257	10	19
Spice w/butter cream frosting	1 pc	310	15	63
Strawberry shortcake (biscuit)	1 pc	330	10	?
Vanilla, easy	1 pc	208	8	33
Yellow				
Boston cream pie	1 pc	301	10	81
Dutch apple	1 pc	264	8	56
Filled (Washington Pie)	1 pc	309	8	56
Fruit cocktail	1 pc	277	9	15
Marble w/chocolate frosting	1 pc	345	14	65
Pineapple upside down	1 pc	285	9	15
COOKIES				
Almond	2	296	16	6
Apple cake brownies	1	230	10	30
Brownies				
Butterscotch	1	300	12	67
Chocolate	1	361	19	68
Chewy nut bars	2	238	11	75
Chocolate chip	2	253	13	27
Coconut cereal	2	228	11	28
Coconut raisin	2	146	6	9
Congo bars	2	257	12	50
Crisp toffee bars	2	246	15	25
Fruit nut bars	2	276	12	22
Hermits	2	220	7	22
Lemon	2	298	16	61
Oatmeal	2	252	10	19
Oatmeal chocolate chip	2	277	14	19
Oatmeal raisin	2	256	10	19
Orange	2	297	6	61
Peanut butter brownies	1	370	8	68
Peanut butter	2	258	5	31
Raisin	2	257	0	8
Shortbread	2	260	5	40
Sugar	2	235	8	25
Vanilla	2	296	6	61
PIES AND PASTRY				
Cobblers				
Apple	1 pc	373	22	0
Streusel-topped	1 pc	572	30	25

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
PIES AND PASTRY, cont.				
Cobblers, cont.				
Blueberry	1 pc	21	0	0
Cherry	1 pc	425	21	0
Peach	1 pc	447	21	0
Pies				
Chiffon				
Lemon	1 pc	188	8	0
Pineapple	1 pc	187	8	0
Strawberry	1 pc	197	8	0
Cream				
Banana	1 pc	297	13	72
Butterscotch	1 pc	210	8	0
Chocolate	1 pc	275	13	51
Coconut	1 pc	315	17	73
Pineapple	1 pc	345	17	0
Strawberry glazed	1 pc	326	13	73
Vanilla	1 pc	266	13	61
Fried				
Apple	1 pc	204	11	0
Blueberry	1 pc	259	11	0
Cherry	1 pc	240	11	0
Lemon	1 pc	256	11	5
Peach	1 pc	251	11	0
Fruit				
Apple	1 pc	359	19	6
Dutch	1 pc	237	11	6
French	1 pc	249	11	6
Blueberry	1 pc	380	17	0
Cherry	1 pc	334	17	0
Crumble	1 pc	340	11	2
Peach	1 pc	385	17	0
Pineapple	1 pc	345	17	0
Other				
Chocolate mousse	1 pc	213	9	1
Lemon meringue	1 pc	331	12	49
Mincemeat	1 pc	376	18	0
Pecan	1 pc	435	19	105
Pumpkin	1 pc	243	10	64
Sweet potato	1 pc	228	10	52

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
FRUIT DESSERTS				
Baked apples	1	243	2	5
Raisin nut filling	1	300	6	5
Crisp				
Apple	1 sq	235	8	20
Blueberry	1 sq	268	6	15
Cherry	1 sq	202	6	15
Peach	1 sq	221	6	15
Crunch				
Apple	1 pc	159	8	10
Blueberry	1 pc	213	8	10
Cherry	1 pc	194	8	10
Peach	1 pc	205	7	10
Pineapple	1 pc	231	8	10
Fruit cup	1/2 cup	101	0	0
Ambrosia	1/2 cup	123	2	0
Banana	1/2 cup	97	0	0
Fluffy	1/2 cup	89	1	0
Melon	1/2 cup	84	0	0
Strawberry	1/2 cup	120	0	0
Fruit flavored gelatin	2/3 cup	83	0	0
Fruit gelatin	2/3 cup	128	0	0
Banana	2/3 cup	145	0	0
Strawberry	2/3 cup	150	0	0
Prunes, stewed	1/2 cup	68	0	0
ICE CREAM DESSERTS				
Banana split	1	419	17	32
Milkshake				
Chocolate	3/4 cup	230	9	35
Vanilla	3/4 cup	230	8	35
Soft serve	3/4 cup	230	9	35
Vanilla				
Yogurt, soft serve, vanilla	3/4 cup	230	8	35
PUDDING DESSERTS				
Cream pudding				
Banana	1/2 cup	247	9	11
Butterscotch	1/2 cup	230	6	11
Chocolate	1/2 cup	196	5	11
Coconut	1/2 cup	182	6	11
Vanilla	1/2 cup	170	5	60

FOOD ITEM	PORTION SIZE	KCAL	FAT (9)	CHOL (mg)
PUDDING DESSERTS, cont.				
Cream Pudding, cont.				
Rice				
Baked	1/2 cup	282	15	1
Creamy	1/2 cup	160	4	60
Other				
Cream puffs	1	245	10	90
Eclairs	1	245	10	90
Whipped Topping	3 tbsp	29	2	0
MEATS, FISH & POULTRY ENTREES				
Beef Entrees				
Beef, braising steak				
Country style	1	451	22	160
Pepper	1	299	15	98
Oriental	1	295	14	98
Smothered w/onions	1	376	18	122
Steak strips	3/4 Cup	330	17	92
Steak ranchero	1	416	19	122
Stroganoff	3/4 Cup	353	21	121
Swiss w/brown gravy	1	383	18	92
Swiss w/mushroom gravy	1	402	20	123
Swiss w/tomato sauce	1	423	20	126
Beef, corned				
Hash	2/3 cup	226	13	59
New England boiled dinner				
w/vegetables	3 sl	572	29	145
Simmered	4 oz	371	28	145
Beef, diced (for stewing)				
BBQ beef cubes	3/4 Cup	367	13	81
Beef pot pie w/biscuit	1 cup	511	23	81
Beef stew	1 1/4 cup	447	21	102
Braised & noodles	1 1/4 cup	417	14	113
Braised beef cubes	3/4 cup	387	14	109
El rancho stew	1 cup	326	13	81
Hungarian goulash	3/4 cup	531	18	137
Syrian beef stew	1 1/4 cup	499	13	81
Beef, dried				
Creamed chipped	3/4 Cup	245	13	23
Beef liver				
Braised w/onions	1 sl	251	15	326
Breaded				
w/mushroom gravy	1 sl	334	16	364
Grilled	1 sl	256	14	326
Beef, ground/patties				
Beef balls stroganoff	3	277	16	71
Beef & corn pie	1 1/2 cup	385	24	90
Beef porcupine	2	382	21	154

FOOD ITEM	PORTION SIZE	KCAL	FAT (g)	CHOL (mg)
MEATS, FISH & POULTRY ENTREES, cont.				
Beef Entrees, cont.				
Beef, ground/patties, cont.				
Chili con carne	1 cup	291	16	64
Chili conquistador	1 sq	431	20	87
Chili macaroni	1 1/4 cup	574	33	64
Chili without beans	1 cup	288	12	92
Chuck wagon stew	1 1/4 cup	393	12	57
Creamed ground	2/3 cup	226	11	50
Creole macaroni	1 cup	503	13	34
Enchiladas	2	523	15	34
Fajitas, beef	2	396	13	52
Fajita pita, beef	1	255	11	52
Grilled hamburger				
Steak	1	137	9	40
Ground beef cordon bleu	1	333	21	92
Hamburger parmesan	1 pattie	326	19	85
Hamburger stroganoff	3/4 cup	318	20	76
Hamburger yakisoba	1 1/4 cup	391	20	80
Lasagna	1 sq	408	18	128
Meat loaf	1 sl	372	21	126
Cajun meat loaf	1 sl	412	21	131
Minced beef	1 cup	325	19	80
Salisbury steak	1	299	18	94
Spaghetti with meat sauce	1 cup	451	13	48
Spaghetti w/meatballs	3 mtbls	520	16	67
Stuffed cabbage rolls	2 rls	420	16	64
Stuffed green peppers	1/2 pepper	390	15	64
Swedish meatballs	3 mtbls	290	18	65
Tacos	2	484	27	84
Tamales, beef w/gravy	1	215	12	?
Tamale pie	1 sq	328	15	46
Beef oven roast				
Brogul	1 rl	386	17	84
Cordon bleu	1	422	24	136
Roast	2 sl	475	37	124
Stuffed rolls	1 rl	353	14	79
Sukiyaki	1 cup	294	18	71
Yakisoba	1 1/4 cup	373	17	72
Tamale pizza	1 sl	294	16	58
Texas hash	1 cup	350	13	51
Tostados, beef & bean	1	460	27	70
Beef, pot roast				
Ginger	2 sl	363	20	131
Yankee	2 sl	407	25	131
Roast beef hash	2 sl	413	25	131
Breakfast portion	1 1/4 cup	416	19	105
Sauerbraten	1/2 cup	174	8	42
Simmered	3-4 d	488	26	134
Beef, rib, bone-in	1-2 sl	368	20	131
Beef, round	602	536	45	120
	602	470	20	189

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
MEATS, FISH & POULTRY ENTREES, cont.				
Beef Entrees, cont.				
Beef, steak	1	344	16	142
Teriyaki	1	373	16	142
Tenderloin	1	344	16	142
Burritos, beef & bean	2	492	15	?
Ravioli, beef	4	93	3	?
Lamb Entrees				
Savory roast	2 sl	304	16	118
Pork Entrees				
Bacon	2 sl	88	8	13
Canadian	2 sl	89	4	28
Ham				
Baked	2 sl	171	8	50
Steak	1	202	10	50
Baked ham, macaroni & tomato	1 cup	248	11	37
BBQ ham steak	1	216	9	55
Ham slice, grilled	1 sl	161	8	54
Ham loaf, glazed	1 d	279	12	121
Scalloped w/potatoes	1 cup	258	14	42
Scalloped w/macaroni	1 cup	233	9	24
Luncheon meat, grilled	2 sl	337	29	7
Pigs feet, simmered	3.502	203	16	92
Pork chops				
Baked, stuffed	1	441	30	111
Baked w/apple ring	1	416	29	102
Barbecued	1	413	30	92
Braised	1	358	28	102
Creole	1	390	29	107
Grilled	1	330	30	102
Mexicana	1	393	28	101
Mushroom gravy	1	419	31	102
Sweet & Sour	1	427	28	101
Pork, diced				
Adobo	2/3 cup	332	20	117
Chalupa	1 cup	394	17	111
Chop suey	1 1/4 cup	410	19	104
Sweet & Sour	1 cup	504	29	98
Pork ham, fresh, roast,	2 sl	244	15	97
Pork loaf	1 sl	417	26	158
Pork loin				
BBQ	2 sl	467	32	116
Roast	2 sl	413	31	116
Pork sausage, grilled	2 patties	222	19	50
Pork spareribs				
BBQ	8 oz	534	37	123

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
MEATS, FISH & POULTRY ENTREES, cont.				
Pork Entrees, cont.				
Pork spareribs, cont.				
Braised	8 oz	536	40	161
w/sauerkraut	8 oz	545	40	161
Cantonese	8 oz	584	40	161
Sweet & Sour	8 oz	591	40	161
Pork steaks, breaded	1	590	51	?
Creole	1	557	45	?
Schnitzel	1	590	51	7
Pork tenderloin	4 oz	215	6	120
Scrapple, fried	2 sl	293	19	60
Rabbit Entrees				
Rabbit, fried	2 pc	461	19	152
Marinated	2 pc	461	19	152
Veal Entrees				
Loaf	1 sl	315	14	153
Roast	2 sl	254	9	153
w/herbs	2 sl	254	9	153
Veal cubes, parmesan	2/3 cup	251	8	128
Veal steaks, breaded	1	362	38	102
Italian	1	389	20	102
Jaegerschnitzel	1	453	25	111
Paprika	1	466	26	112
Parmesan	1	460	11	115
Other Entrees (Pizza, Pita pizza, Sausages, Spinach lasagna)				
Pita pizza				
Cheese	1 pita	193	6	16
Mushroom, onion and pepper	1 pita	204	6	16
Pizza				
Cheese	1 pc	211	9	19
French bread	1 pc	534	23	61
Green pepper	1 pc	207	9	12
Mushroom & green pepper	1 pc	233	11	18
Pepperoni	1 pc	252	13	19
Thick crust	1 pc	331	12	22
Sausages				
Bratwurst, simmered	1	256	22	51
Frankfurters				
Baked w/sauerkraut	2	296	26	44
Grilled	2	290	27	45
Simmered	2	279	25	44
Italian, baked	1	201	16	49
Knockwurst				
Baked w/sauerkraut	1	353	30	63
Simmered	1	335	30	63
Polish, rilled	3 oz	286	26	60
Spinach lasagna	1 sq	363	29	111
Broccoli, Cheese and Rice	1 cup	356	18	45

<i>FOOD ITEM</i>	PORTION SIZE	KCAL	FAT (g)	CHOL (mg)
FISH & SEAFOOD ENTREES				
Crabmeat				
Crab cakes	2	477	14	154
Fish fillets or steaks				
Baked Amandine	4 oz	237	15	59
Baked	4 oz	211	13	59
Cajun	4 oz	212	13	59
Garlic butter	4 oz	226	15	64
Herb	4 oz	121	5	63
Lemon	4 oz	211	13	59
Mustard dill	4 oz	199	6	102
Onion-lemon	4 oz	214	13	59
Parmesan	4 oz	269	16	57
Spicy	4 oz	205	4	75
Trout, whole baked	10 oz	212	13	49
Baked stuffed	4 oz	263	7	87
Chipper fish	5 1/2 oz	386	22	96
Creole, baked	4 1/2 oz	159	2	93
Deep fat fried	4 1/2 oz	425	24	114
Pan fried	4 1/2 oz	266	10	75
Oven fried	4 1/2 oz	281	9	76
Seafood newburg	2/3 cup	279	14	171
Southern fried catfish	4 oz	248	11	79
Stuffed flounder creole	4 1/2 oz	264	7	116
Tempura, fried	4 1/2 oz	223	6	91
Fish nuggets				
Baked.	4 oz	288	11	?
French fried	4 oz	369	20	?
Fish portions, batter dipped				
Creole	4 oz	301	19	36
Fish & chips	6 oz plus 1 cup potatoes	1095	71	36
Fish portions, breaded				
Baked	4 oz	172	5	36
French fried	4 oz	300	19	36
King crab legs, boiled	5 oz	108	2	116
Lobster, whole, boiled	1 1/2 lb whole	147	1	108
Oysters, fried	6	247	6	82
Salmon, canned				
Cakes	2	185	9	55
Loaf	1 sl	241	11	61
Salad	3/4 cup	269	18	148
Scalloped & peas	3/4 cup	280	13	50
Scallops				
Baked	7-9	136	5	44
Creole	1 cup	136	1	51
Fried	7-9	230	6	46

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
FISH & SEAFOOD ENTREES, cont.				
Shrimp				
Chop suey	1 1/4 cup	234	13	65
Curry	3/4 cup	164	8	97
French fried	4-8	220	7	125
Jambalaya	1 1/2 cup	394	11	106
Salad	1/2 cup	105	5	101
Scampi	2/3 cup	265	16	146
Tempura fried	4-8	173	6	109
Lobster tail	8 0 2	112	1	119
Tuna, canned				
Baked & noodles	1 cup	322	12	26
Chopstick	3/4 cup	385	23	24
Salad	3/4 cup	261	14	123
Macaroni	3/4 Cup	280	13	71
Scalloped & peas	3/4 cup	26	9	68
POULTRY ENTREES				
Chicken				
Ala king	1 cup	339	19	73
Adobo	2 pc	323	11	129
Baked, w/o skin	1/4	243	10	109
w/gravy	2 pc	361	20	109
w/rice	1 cup	439	17	84
Fajitas, chicken	2 fajitas	386	12	31
Fillets, breaded, precooked				
Deep fat fried (3 oz)	2	483	20	87
Oven fried (3 oz)	2	406	11	87
Deep fat fried (5 oz)	1	376	10	80
Oven fried (5 oz)	1	457	19	80
Herbed	2 pc	249	10	98
Mexican	2 pc	356	11	109
Barbecued	2 pc	356	11	129
Cacciatore	2 pc	347	11	129
Chinese five spice	2 pc	299	18	109
Chow mein	1 cup	361	18	109
Creole	2 pc	433	22	133
Fried	2 pc	612	43	128
Oven	2 pc	519	27	131
Hot & spicy	2 pc	460	11	134
Nuggets, chicken fillet				
Deep fat fried	10	355	25	51
Oven fried	10	315	20	51
Pineapple	2 pc	354	11	129
Salad	1 cup	289	14	92
Savory baked	2 pc	473	33	128
Sweet and Sour	2 pc	400	10	109
Szechwan	2 pc	373	18	109
Teriyaki	2 pc	273	10	109
Tetrazzini	1 cup	328	15	90
Vega	2 pc	560	16	142

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
POULTRY ENTREES, cont.				
Duck				
Hawaiian baked	1/4	565	46	137
Honey glazed	1/4	593	46	137
Roast	1/4	550	46	137
Rock Cornish Hen				
Herbed	1/2	310	18	66
Honey glazed	1/2	374	18	66
Syrup glazed	1/2	335	18	66
Turkey				
Baked and noodles	1 cup	523	18	128
Curry	3/4 cup	231	8	40
Cutlet	1	476	25	133
Nuggets	8-10	391	20	94
Pot pie	1 cup	367	16	126
Roast	4 oz	342	7	108
w/bbq sauce	4 oz	294	10	98
Salad	1 cup	246	11	74
SALADS, SALAD DRESSINGS & RELISHES				
Salad				
Apple				
Celery & Pineapple	1/2 cup	85	5	3
Celery & Raisin	1/2 cup	114	6	4
Waldorf	1/2 cup	116	9	4
Avocado				
Guacamole	2 Tbsp	67	6	2
Beans, green, pickled	1/2 cup	111	7	0
Beans, kidney	1/2 cup	153	8	55
Frijole	3/4 cup	157	12	10
Three bean	1/3 cup	119	7	0
Beets, pickled & onion	1/2 cup	80	0	0
Cabbage				
Apple & celery	1/2 cup	70	5	3
Apple & raisin	1/2 cup	103	5	3
Coleslaw	1/2 cup	115	9	7
w/carrot	1/2 cup	78	5	4
German coleslaw	1/2 cup	60	5	0
Mexican	1/2 cup	118	9	7
w/marshmallow	1/2 cup	102	5	4
Vegetable slaw	1/2 cup	102	5	4
w/creamy dressing	1/2 cup	79	5	4
Carrot	1/2 cup	111	6	5
w/pineapple	1/2 cup	94	6	4
celery & apple	1/2 cup	92	6	4
Chef's salad (entree)	1	185	12	85
Corn relish	2 Tbsp	21	0	0
Cucumber				
w/onion	1/2 cup	33	0	0

FOOD ITEM	PORTION SIZE	KCAL	FAT (g)	CHOL (mg)
SALADS, SALAD DRESSINGS & RELISHES, cont.				
Salad, cont.				
Cottage cheese	1/4 cup	61	3	9
w/peach	1/4 cup	105	3	9
w/pear	1/4 cup	106	3	9
w/pineapple	1/4 cup	85	3	9
w/tomato	1/4 cup	66	3	9
garden	1/2 cup	63	3	7
Fruit				
Medley	1/2 cup	102	4	0
Mixed	1/2 cup	81	0	0
Salad	1/2 cup	69	1	26
Jellied, banana	1/2 cup	96	0	0
Cranberry & Orange	1 sq	109	0	0
Fruit	1 sq	113	0	0
Fruit cocktail	1 sq	109	0	0
Golden glow	1 sq	72	0	0
Orange	1 sq	103	0	0
Pear	1 sq	99	0	0
Perfection	1 sq	59	0	0
Pineapple, pear, banana	1 sq	122	0	0
Spring	1 sq	13	0	0
Strawberry	1 sq	98	0	0
Lettuce				
w/tomato	4 sl	21	0	0
w/cucumber	1 cup	21	0	0
Chef's	1 cup	98	7	79
Cobb	1 cup	234	21	65
Garden vegetable	3/4 cup	12	0	0
Spring	3/4 cup	13	0	0
Tossed green	1 cup	7	0	0
Vegetable	1 cup	16	0	0
Macaroni	2/3 cup	151	5	24
Pasta	1 cup	391	25	9
Potato	2/3 cup	203	13	56
Deviled	2/3 cup	226	15	52
Hot	2/3 cup	160	6	8
w/vinegar dressing	2/3 cup	117	0	0
Spinach	1 cup	36	2	39
Taco salad	1 1/2 cup	417	30	47
Tomato				
German style	1/3 cup	65	5	5
Country	1/3 cup	48	2	0
Vegetable	1/2 cup	36	1	1

FOOD ITEM	PORTION SIZE	KCAL	FAT (g)	CHOL (mg)
SALADS, SALAD DRESSINGS & RELISHES, cont.				
Salad Bar Items				
Alfalfa sprouts	2 Tbsp	1	0	0
Apple rings, spiced	1 ring	33	0	0
Bacon bits, imitation	1 Tbsp	28	3	0
Beans, kidney	1 Tbsp	13	0	0
Bean sprouts	2 Tbsp	4	0	0
Beets, sliced	4 sl	9	0	0
Broccoli, fresh	2-3 stlks	8	0	0
Carrots, fresh	6 strips	12	0	0
Cauliflower, fresh	2 flwts	10	0	0
Celery sticks	4 strips	4	0	0
Cheese, shredded	2 Tbsp	57	5	15
Chow mein, noodles	1/3 cup	79	5	0
Cottage cheese	1/4 cup	54	2	8
Crabapples	1	46	0	0
Croutons	8	24	0	0
Cucumbers	4 sl	3	0	0
Egg, hard cooked	1	78	5	213
Endive or escarole	1 cup	8	0	0
Frijole	3/4 cup	62	1	1
Ham, chopped	1/4 cup	65	5	14
Lettuce	1 cup	7	0	0
Mushrooms	2 Tbsp	2	0	0
Olives, green	3 sml	15	2	0
and ripe	3 sml	15	2	0
Onions, chopped	2 Tbsp	7	0	0
Onions, sliced	3-4 sl	14	0	0
Onions, green	1 whole	3	0	0
Peas, chick (garbanzo beans)	2 Tbsp	34	1	0
Peppers, pickled	1 pepper	4	0	0
Peppers, sweet	2 strips	6	0	0
Pickles, dill	4 stks	1	0	0
Pickles, sweet	1	20	0	0
Pickles, mixed, sweet	1	9	0	0
Radishes	3	2	0	0
Romaine	1 cup	9	0	0
Spinach	1 cup	12	0	0
Tomato, cherry or wedges	2	9	0	0
Tomatos, sliced	2	5	0	0
Tuna (water pack)	1/4 cup	54	1	17
Turnips, fresh, strips	3	5	0	0

FOOD ITEM	PORTION SIZE	KCAL	FAT (g)	CHOL (mg)
SALADS. SALAD DRESSINGS & RELISHES. cont.				
Salad Dressings				
Blue cheese	1 Tbsp	79	8	5
Chiffonade	1 Tbsp	116	12	11
French	1 Tbsp	73	8	0
Tomato French	1 Tbsp	52	5	0
Horseradish, creamy	1 Tbsp	65	6	5
Italian, creamy	1 Tbsp	53	5	4
Quick fru it	1 Tbsp	11	0	0
Russian	1 Tbsp	56	5	4
Sour cream	1 Tbsp	40	4	6
Tangy	1 Tbsp	66	7	5
Thousand Island	1 Tbsp	49	4	9
Vinaigrette	1 Tbsp	79	9	0
Low calorie				
Basil	2 Tbsp	20	0	0
Tangy Tarragon	2 Tbsp	20	0	0
Tangy yogurt	1 Tbsp	14	0	0
Thousand Island	2 Tbsp	12	0	2
Tomato	2 Tbsp	10	0	0
Yogurt	2 Tbsp	10	0	0
Zero	2 Tbsp	8	0	0
Relishes				
Celery, pimienta cheese stuffed	2 pc	71	6	15
Peanut butter	2 pc	48	3	0
Corn	2 Tbsp	39	3	2
Cranberry & orange	1/4 cup	217	0	0
SANDWICHES				
Bacon, lettuce, & tomato	1	278	14	18
w/cheese	1	392	14	111
Beef w/BBQ sauce	1	259	9	63
Beef, corned	1	335	17	84
Reuben, grilled	1	556	37	118
Sliced	1	324	16	73
w/cheese	1	350	19	73
Beef, ground				
BBQ leef (<i>Sloppy Joe</i>)	1	366	15	63
Cannonball	1	747	25	102
Cheeseburger	1	399	23	89
Cheesy bacon burger	1	442	27	95
Chiliburger	1	372	20	75
Grilled hamburger	1	310	16	67
Moroccan pockets	1	330	7	44
Pizzaburger	1	397	21	85
Tacoburger	1	360	20	67

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
SANDWICHES, cont.				
Beef, steak sandwich				
Pepper	1	856	47	?
Steak & cheese sub	1	452	19	24
w/onion	1	589	6	24
Beef roast				
Gyros	1	583	38	100
Hot roast beef	1	459	29	74
Cheese				
Cream cheese bagel	1	260	11	31
Deli	1	365	19	48
Grilled	1	376	24	66
w/ham	1	338	19	60
German style	1	410	27	80
Chicken fillet, deep-fat fried	1	444	29	13
Oven fried	1	324	15	13
w/cheese	1	502	26	67
Chicken fillet, unbreaded				
Grilled	1	334	16	48
and cheese	1	502	26	67
Chicken salad	1	356	14	79
Egg salad	1	335	16	325
New York	1	345	16	325
Egg, western (Denver)	1	260	9	170
English Muffin				
w/bacon, egg and cheese	1	385	21	236
w/Canadian bacon, egg and cheese	1	383	19	244
w/ham, egg and cheese	1	386	19	237
Fish portions, breaded	1	396	18	58
Cheese Fishwich	1	440	21	69
Frankfurters				
Chili dog	1	321	19	41
w/cheese, onions	1	365	23	51
Corn dog	1	271	20	51
Grilled	1	306	16	35
Quarter pound	1	477	35	78
Simmered	1	286	15	35
Ham				
and biscuit	1	366	15	17
German style	1	385	21	236
Grilled w/egg & cheese	1	329	18	185
Salad	1	375	16	145

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
SANDWICHES, cont.				
Knockwurst, simmered	1	387	26	61
Pastrami, hot	1	406	22	68
Grilled Reuben	1	509	35	68
Peanut butter & jam or jelly	1	379	18	
Pork				
Barbecued	1	354	14	73
Roast	1	394	26	85
Hot roast pork w/gravy	1	545	32	91
Salmon Salad	1	428	20	41
Sausage				
and biscuit	1	582	38	44
English muffin w/egg & cheese	1	521	33	326
Grilled w/egg & cheese	1	433	28	118
Italian, hot	1	638	24	60
Submarine	1	591	36	91
Submarine, Italian-style	1	595	36	75
Tuna & cheese, grilled	1	503	26	82
Tuna & tomato	1	361	13	40
Tuna salad	1	350	12	40
Turkey				
Croissant	1	464	26	120
Hot roast	1	404	15	81
Roast	1	327	10	74
Salad	1	340	12	69
Veal steak, breaded				
Italian cutlet w/pizza sauce	1	679	28	143
Other				
Cold cut	1	364	22	37
Monte Carlo	1	521	35	102
Monte Cristo	1	442	23	158
SAUCES, GRAVIES AND DRESSINGS				
Sauces				
Barbecue	1/4 cup	65	0	0
Cajun Creole	1/3 cup	29	1	0
Cherry	3 Tbsp	67	1	1
Chinese mustard	1 tsp	11	1	0
Creole	1/3 cup	34	1	0
Horseradish	1 Tbsp	43	3	3
Marinara	3/4 cup	76	1	0
Clam	3/4 cup	99	2	18

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
SAUCES, GRAVIES AND DRESSINGS, cont.				
Sauces				
Pineapple (for ham)	1/4 cup	72	0	0
Raisin (for ham)	3 Tbsp	59	0	0
Seafood cocktail	2 Tbsp	36	0	0
Spanish	1/3 cup	45	3	0
Sweet & sour	2 Tbsp	99	0	0
Szechwan	1/3 cup	130	9	0
Taco	2 Tbsp	8	0	0
Tartar	2 Tbsp	103	9	7
Teriyaki	5 Tbsp	94	5	0
Tomato	1/4 cup	48	2	0
Gravies				
Brown	1/4 cup	76	6	6
Chicken & turkey	1/4 cup	47	4	0
Chili	1/4 cup	56	4	0
Cream	1/4 cup	65	4	5
Onion	1/4 cup	69	4	5
Giblet	1/4 cup	92	6	46
Mushroom	1/4 cup	89	7	10
Natural pan	1/4 cup	14	1	0
Onion	1/4 cup	96	8	6
w/mushroom	1/4 cup	92	8	6
Tomato	1/4 cup	51	4	4
Dressings, bread				
Apple	1/2 cup	210	10	21
Cornbread	1/2 cup	185	9	52
Giblet	1/2 cup	205	9	48
Oyster	1/2 cup	199	9	24
Sausage	1/2 cup	226	12	28
Savory	1/2 cup	195	9	21
SOUPS				
Bean soup, Navy	1 cup	116	1	0
Knickerbocker	1 cup	133	1	0
Old fashioned	1 cup	122	1	0
Beef barley	1 cup	81	1	0
Beef noodle	1 cup	33	1	0
Beef rice	1 cup	57	1	0
Chicken gumbo	1 cup	112	7	1
Chicken noodle	1 cup	33	1	0
w/vegetables	1 cup	56	2	4
Chicken rice	1 cup	57	1	0
Clam chowder				
Manhattan	1 cup	88	1	18
New England	1 cup	218	10	41

FOOD ITEM	PORTION SIZE	KCAL	FAT (g)	CHOL (mg)
SOUPS, cont.				
Clam Gum	1 cup	63	8	0
Corn chowder	1 cup	168	5	14
Chicken	1 cup	164	7	9
Cream of broccoli	1 cup	126	5	16
Creole	1 cup	55	2	0
Doubly good	1 cup	94	5	8
Egg drop	1 cup	35	2	0
Fish chowder	1 c up	265	12	60
Logging	1 cup	151	5	3
Minestrone	1 cup	146	2	0
Mushroom	1 cup	166	8	22
Onion	1 cup	104	8	0
French	1 cup	108	8	0
Mexican onion corn	1 cup	70	1	13
Pepper pot	1 cup	101	5	1
Potato	1 cup	121	0	3
Puree mongole	1 cup	85	1	0
Shrimp gumbo	1 cup	125	7	30
Split pea	1 cup	218	5	9
Spanish	1 cup	45	3	8
Tomato	1 cup	46	1	0
Barley	1 cup	81	1	0
Rice	1 cup	78	1	0
Tomato bouillon	1 cup	32	0	0
Tomato noodle	1 cup	98	3	3
Tomato vegetable	1 cup	56	1	0
Vegetable supreme	1 cup	100	2	0
Zesty bean	1 cup	102	0	0
Canned Soups				
Beef w/vegetables	1 cup	91	2	6
Bean w/bacon	1 cup	204	7	6
Beef noodle	1 cup	97	4	6
Chicken noodle	1 cup	86	3	7
Chicken rice	1 cup	69	2	1
Cream of chicken	1 cup	165	9	5
Cream of mushroom	1 cup	180	11	3
Manhattan clam chowder	1 cup	88	3	3
Minestrone	1 cup	96	3	1
Split pea	1 cup	218	5	9
Tomato	1 cup	98	2	0
Vegetable	1 cup	89	2	6
Vegetable w/beef	1 cup	91	2	6

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
VEGETABLES				
Asparagus, simmered	4-5 spears	16	0	0
Beans, dry				
Boston baked	1/2 cup	153	1	1
Italian-style	1/2 cup	211	3	1
Savory	1/2 cup	171	1	1
Refried	1/2 cup	129	5	14
Refried w/cheese	1/2 cup	264	14	23
Simmered	1/2 cup	114	2	2
w/o bacon	1/2 cup	99	0	0
Beans, green				
Creole	1/2 cup	36	0	0
Herbed	1/2 cup	35	2	0
Lyonnaise	1/2 cup	51	3	7
Nicoise	1/2 cup	51	3	7
Parisienne	1/2 cup	54	3	6
Simmered	3/4 cup	34	0	0
Southern-style	1/2 cup	39	2	2
w/corn	1/2 cup	59	1	1
w/mushrooms	1/2 cup	50	3	7
Beans, lima	3/4 cup	92	0	0
Beans, white w/pork	3/4 cup	179	2	9
Beets				
Harvard	1/2 cup	57	0	0
Hot spiced	1/2 cup	90	4	10
Orange sauce	1/2 cup	59	0	0
Simmered	3/4 cup	34	0	0
Broccoli				
Herbed	1/2 cup	26	0	0
Parmesan	1/2 cup	103	5	45
Polanaise	1/2 cup	69	3	34
Simmered	3/4 cup	37	0	0
Brussels sprouts				
Parmesan	1/2 cup	110	5	11
Polanaise	1/2 cup	83	4	32
Simmered	3/4 cup	51	0	0
Superba	1/2 cup	204	16	41
Cabbage				
Calico	1/2 cup	49	3	7
Chinese	1/2 cup	49	3	27
Fried	1/2 cup	44	3	7
Simmered	3/4 cup	27	0	0
Sweet &sour (red)	3/4 cup	86	5	12

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
VEGETABLES, cont.				
Carrots				
Amandine	1/2 cup	89	5	6
Celery amandine	1/2 cup	91	7	15
Glazed	1/2 cup	78	2	10
Lyonnais	1/2 cup	63	2	10
Simmered	3/4 cup	61	0	0
Cauliflower				
Au gratin	1/2 cup	141	8	23
French fried	1/2 cup	124	6	26
Parmesan	1/2 cup	99	5	11
Polonaise	1/2 cup	73	4	45
Simmered	3/4 cup	30	0	0
Corn, cream-style				
Fritters	1/2 cup	201	8	44
Scalloped	1/2 cup	147	4	9
Simmered	3/4 Cup	133	0	0
Corn on the cob	1 ear	79	0	0
Corn, whole				
Calico	1/2 cup	74	2	2
Mexican	1/2 cup	65	1	1
O'Brien	1/2 cup	88	3	2
Scalloped	1/2 cup	147	4	9
Simmered	3/4 cup	85	0	0
Eggplant				
Parmesan	1 piece	175	6	32
Greens (collard, kale, turnip, mustard)				
Simmered	3/4 cup	25	0	0
Southern-style	1/2 cup	54	3	11
Sweet & sour	1/2 cup	54	1	1
Mushrooms				
Sauteed	2 Tbsp	19	2	5
w/onions	1/4 cup	67	6	15
Okra, simmered	3/4 cup	39	0	0
w/tomato gumbo	1/2 cup	41	1	0
French fried	1/2 cup	127	7	28
Onions				
French fried rings	2 1/2 oz	234	5	0
Fried	1/4 cup	64	3	0
Smothered	1/2 cup	151	5	0
Spanish	1/2 cup	89	5	0
Parsnips, simmered	3/4 Cup	116	0	0
Peas				
Simmered	3/4 Cup	85	0	0
w/carrots	3/4 cup	86	2	5
w/celery	1/2 cup	73	2	5
w/mushrooms	1/2 cup	57	2	5
w/onions	1/2 cup	73	2	5
Peas, blackeye	3/4 cup	139	1	0

FOOD ITEM	PORTION SIZE	KCAL	FAT (g)	CHOL (mg)
VEGETABLES, cont.				
Potatoes, sweet (2-3 pieces)				
Baked	1	107	0	0
Candied	1/2 cup	168	4	10
Glazed	1/2 cup	160	4	10
w/syrup	1/2 cup	202	4	10
Marshmallow	1/2 cup	141	2	5
Mashed	1/2 cup	127	2	2
Scalloped & apples	1/2 cup	192	3	0
Southern-style	1/2 cup	127	2	4
Potatoes, white				
Au gratin	1/2 cup	236	11	10
Baked	1/2 cup	185	0	0
w/chili	1/2 cup	437	6	19
w/cheese sauce	1/2 cup	356	13	39
w/cheese & broccoli	1/2 cup	331	10	27
Quick baked halves	2 halves	166	0	0
Cottage Fried	1/2 cup	186	9	0
Franconia	1/2 cup	113	4	10
French fried	1/2 cup	390	21	0
Shoestring	1 cup	300	16	0
German griddle cakes	2	144	3	37
Golden potato balls	3	66	3	1
Grilled patties	1	141	3	27
Hashed brown	1/2 cup	165	7	0
Home fried	3/4 Cup	198	5	0
Lyonnaise	2/3 cup	217	6	0
Mashed	2/3 cup	95	2	5
O'Brien	2/3 cup	190	6	0
Oven browned	1 cup	113	4	10
Oven-glo	1 cup	117	4	10
Paprika	3 pc	151	4	10
Parsley	3 pc	150	4	10
Rissole	1 cup	158	5	0
Scalloped	2/3 cup	177	6	17
w/onions	1/2 cup	160	5	0
Simmered	1/2 cup	117	0	0
Rutabagas, fresh	3/4 cup	47	0	0
Sauerkraut				
German	1/2 cup	35	1	1
Simmered	3/4 cup	22	0	0
Spinach				
Club	1/2 cup	159	10	26
w/carrots	3/4 cup	82	2	5
w/celery	1/2 cup	73	2	5
w/mushrooms	1/2 cup	57	2	5
w/onions	1/2 cup	73	2	5
Peas, blackeye	3/4 cup	139	1	0

<i>FOOD ITEM</i>	<i>PORTION SIZE</i>	<i>KCAL</i>	<i>FAT (g)</i>	<i>CHOL (mg)</i>
VEGETABLES, cont.				
Squash				
Baked hubbard	1 pc	92	4	10
Creole summer	2/3 cup	37	1	2
Louisiana-style	1/2 cup	55	3	7
Savory summer	1/2 cup	34	1	0
Simmered	3/4 Cup	28	0	0
Succotash				
Simmered	3/4 cup	114	0	0
Tempura fried vegetables	1/2 cup	135	6	31
Tomatoes				
Simmered	3/4 Cup	35	0	0
Stewed	1/2 cup	24	0	0
w/croutons	1/2 cup	58	2	0
Turnips				
w/bacon	1/2 cup	23	1	1
Simmered	3/4 cup	23	0	0
Vegetables, mixed, simmered	3/4 cup	70	0	0
Vegetables, combos				
Broccoli	1/2 cup	56	0	0
Bean	1/2 cup	56	0	0
Brussels sprouts	1/2 cup	61	0	0
Cauliflower	1/2 cup	36	0	0
Corn	1/2 cup	59	0	0
Green beans	1/2 cup	30	0	0
Zucchini, simmered	3/4 cup	28	0	0

“HEALTHY” CHOICES REDUCED CALORIE MEAL PLAN (APPROXIMATELY 1500-1700 CALORIES)

The following meal pattern can be used as a general guide for selecting nutritionally balanced meals that add up to a daily total of approximately 1500-1700 calories. Note that the major food groups--fruits, vegetables, grains, milk and milk products, meat/fish/poultry/beans--are included to provide the variety of foods essential to good nutrition. There are no special or “diet” foods. There is no requirement for special “diet plates.” This flexible meal plan allows selection of a 1500-1700 calorie menu from a typical serving line. Remember, weight control is a personal responsibility. Here are some suggestions to assist you:

- Sensible portions are essential for successful weight control so request smaller portions when necessary.
- Choose skim or 1% low-fat milk.
- Select an entree without gravy, if possible. If not possible, push the gravy aside.
- Choose the low-calorie salad dressing and tossed green salads when green salads are available.
- Select the entree that isn't fried.
- Choose the lower calorie dessert such as fruit, low-fat yogurt, smaller dessert portions, sherbet or gelatin. (Note: fruit and yogurt are the most nutrient dense, i.e., nutrients in proportion to calories).
- Keep fats, fatty foods and sugar to a minimum. Fats have more (9 calories per gram) than twice the calories of protein and carbohydrates(4 calories per gram); therefore, fats are the most concentrated source of calories.
 - *One teaspoon of butter has 45 calories.*
 - *One tablespoon regular salad dressing has 85 calories.*
 - *The typical soft drink has 9 to 12 teaspoons of sugar in a 12-oz serving.*
- Become familiar with the fat content of foods
- Choose a plain cooked vegetable without added fat.
- Trim visible fat from meat; discard poultry skin to reduce the fat, saturated fat and calories.
- According to the USDA Food Guide Pyramid, grains should form the foundation of a healthy diet. It is OK to eat bread, potatoes and other starches. Bread and starches such as spaghetti are no more fattening than any other food. Most of the calories come from the company they keep--calorie-rich butter, sauces and gravy.

- To meet nutrient needs, select foods from these five food groups. Aim for at least the lower range of servings. These are the minimum servings needed each day to stay healthy. The higher recommendations are for persons with higher calorie needs.

<u>FOOD GROUP</u>	<u>SERVINGS</u>	<u>WHAT COUNTS AS A SERVING</u>
Vegetables	3 (up to 5)	<i>Count as a serving:</i> 1 cup of raw leafy greens; 1/2 cup of other kinds
Fruits	2 (up to 4)	<i>Count as a fruit serving:</i> 1 medium apple, orange or banana; 1/2 small or diced fruit; 3/4 cup juice
Grain Products (breads, cereals, pasta, and rice)	6 (Up to 11)	<i>Count as a serving:</i> 1 slice bread; 1/2 bun, bagel, or English muffin; 1 oz RTE cereal; 1/2 cup cooked cereal, rice, or pasta
Milk, Yogurt and Cheese	2-3 servings	<i>Count as a serving:</i> 1 cup milk or yogurt or about 1 1/2 oz cheese
Meat, Poultry, Fish, Dry Beans, Eggs	2-3 servings	<i>Count as a serving:</i> 2-3 oz meat; 1/2 cup cooked dry beans, 1 egg

Adapted from USDA "Nutrition and Your Health: Dietary Guidelines for Americans," 1990

"Healthy" Choices Reduced Calorie Breakfast
(approximately 400-450 calories)

<u>Number of Servings</u>	<u>Menu Item</u>
1	Breakfast Appetizer (fruit or 3/4 cup juice)
1	Breakfast Entree (1 egg or 1 oz meat or small portion hash, minced beef or chipped beef)
2	Starch/Bread servings (starch servings include cereal, toast(1), biscuit(1), muffin(1), pancakes(1), French toast (1 whole slice), 1 bagel (2), 1 English muffin (2))
1	Fat Serving (1 pat butter or margarine or 1 slice bacon)

1 cup skim milk 1 cup 1% low-fat milk

Coffee or Tea--as desired (no cream or sugar)

Some Healthy Breakfast Hints: If you want to moderate your intake of cholesterol, select eggs (egg yolks) no more than four times per week. Select a whole grain cereal to provide some dietary fiber. (A whole grain will be listed as the first ingredient on the label.) Include a good source of Vitamin C such as citrus fruit or juice or melon. To jazz up your bowlful of cereal, add fresh fruit, if available.

“Healthy” Choices Reduced Calorie Lunch
(approximately 600-650 calories)

<u>Number of Servings</u>	<u>Menu Item</u>
1	Lunch Entree (2-3 oz serving meat or fish without sauce or gravy, or $\frac{3}{4}$ cup cottage cheese; or 1 cup serving casserole-type entree)*
	Starch Servings (1 serving equals $\frac{1}{2}$ cup of the following: potatoes, rice, cooked pasta, dried beans, baked beans, dried peas, lima beans, corn, winter squash, green peas, sweet potatoes or 1 slice bread, 1 roll, 1 tortilla or 6 saltines)
Vegetables (plain--as desired)	
1	Large green salad with assorted raw vegetables plus 1 tbsp low-calorie dressing or $\frac{1}{2}$ cup fruit or other vegetable salad)
1	Fat Serving (1 pat butter or margarine or 2 tsp salad dressing, mayonnaise-type, or 2 tbsp sour cream)

*Some casserole items include one starch serving also. One-half to $\frac{3}{4}$ cup cooked dry beans will equal 1 oz cooked meat. For instance, a day's choice could include chili at lunch and meat for dinner.

1 cup skim milk 1 cup 1% low-fat milk

Coffee or Tea--as desired (no cream or sugar)

“Healthy” Choices Reduced Calorie Dinner
(approximately 500-600 calories)

<u>Number of Servings</u>	<u>Menu Item</u>
1	Dinner Entree (2-3 oz serving meat or fish without sauce or gravy, or $\frac{3}{4}$ cup cottage cheese; or 1 cup serving casserole-type entree)
2	Starch Serving (see lunch for 1 serving portions)

Lunch (500-600 calories) (cent'd)

Vegetables (plain--as desired)

- 1 Large green salad with assorted raw vegetables plus 1 tbsp low-calorie dressing or $\frac{1}{2}$ cup fruit or other vegetable salad
- 1 Fat Serving (1 pat butter or margarine or 2 tsp salad dressing, mayonnaise-type, or 2 tbsp sour cream)
- 1 Fruit or $\frac{1}{2}$ portion dessert (Choose *fruits more often than other desserts*)

Coffee or Tea--as desired (no cream or sugar)

Some Healthy Lunch and Dinner Hints: Lean red meat, fish and poultry(without skin) are lower in calories than equal amounts of other more fatty meats. (A three-ounce portion of cooked meat is approximately equal to 1 medium pork chop, 1 small hamburger, $\frac{1}{2}$ whole chicken breast, 1 average fish fillet, or cooked meat about the size of a deck of cards. *Vegetables* and *fruits* are generally *low in calories*, have little or no fat, contain vitamins and minerals, and provide fiber. Fresh fruits can satisfy an urge for sweetness in your diet. Deep *yellow or dark green vegetables* (for vitamin A) *should be included frequently*. in order to maintain a well-balanced diet, include whole grain, enriched and fortified breads and pastas.

Alternate Reduced Calorie Lunches

- 1 Sandwich (2 slices meat *and/or* cheese with 2 slices bread, 2 tsp mayonnaise-type dressing or $\frac{1}{2}$ submarine-type sandwich)
- 1 Salad (lettuce--as desired plus 1 tbsp low-calorie dressing or $\frac{1}{2}$ cup fruit or other vegetable salad) or vegetable relishes (skip the olives)
- 1 Fruit or $\frac{3}{4}$ cup juice
- 1 cup skim milker 1 cup 1% low-fat milk)
- 1 Hamburger on Bun---with lettuce, onion, tomato, catsup and mustard (1 tbsp catsup and mustard)
- 1 Salad Bar (lettuce *and* raw vegetables) with 1 tbsplow-calorie dressing
- 1 Starch such as $\frac{1}{2}$ cup beans
- 1 Fruit or $\frac{3}{4}$ cup juice
- 1 cup skim milker 1 cup 1% low-fat milk)

Sample "Healthy" Choices Reduced Calorie Menus

Here are some sample low-calorie menus that could be selected on a typical serving line.

SAMPLE MENU NO. 1

Breakfast

- 3/4 cup orange juice
- 1 ounce ham
- 1 box raisin bran cereal
- 1 slice whole wheat toast
- 1 pat butter or margarine
- 8 ounces skim milk
- Coffee or tea

Note: Breakfast includes a whole grain cereal and whole grain bread to provide B complex, vitamins and fiber. A citrus juice was selected for vitamin C.

Lunch

- 3-4 ounces baked flounder (a typical serving)
- 1/2 cup rice
- 1/2 cup green beans
- Large green salad containing a mixture of low-calorie vegetables such as cucumbers, carrots and green peppers
- 1 tablespoon low-calorie French dressing
- 1 enriched dinner roll
- 1 pat butter or margarine
- 1 serving fresh fruit
- 8 ounces skim milk

Dinner

- 3 ounces beef pot roast (without gravy)
- 1/2 cup simmered dry beans
- 1/2 cup spinach
- Large tossed green salad containing a mixture of raw vegetables
- 1 tablespoon low-calorie French dressing
- 1 dinner roll
- 1 pat butter or margarine
- 8 oz skim milk
- 1/2 cup regular applesauce (any canned fruit could be chosen)

Note: Lunch and dinner have moderate portions of an entree portion. Skim milk, a low-calorie salad dressing, and some of the lower calorie items on the salad bar were chosen.

This day's menu contains 20% fat; 1600 calories, and 52% carbohydrate. Because of the fruit and vegetables, vitamin A and vitamin C requirements are above standard. Ninety percent of the recommended fiber allowance was met because of whole grains, fruits and vegetables.

SAMPLE MENU NO. 2

Breakfast

3/4 cup orange juice
1 hard-cooked egg (lower in fat than a fried egg)
1 blueberry muffin
1 pat butter or margarine
8 ounces skim milk
Coffee or tea

Lunch

1 serving spaghetti and meat sauce
1/2 cup steamed mixed vegetables
Tossed green salad containing a mixture of raw vegetables
1 tablespoon low-calorie dressing
1 slice garlic bread
1 serving fresh fruit
8 ounces skim milk

Dinner

1/4 chicken (thigh and drumstick or 1 breast and wing)*
1/2 cup mashed potatoes
1/2 cup broccoli
Tossed green salad with a mixture of raw vegetables
1 tablespoon low-calorie dressing
1 1/4 cups watermelon
8 oz skim milk

*Applies to RTC chicken cut up--9 piece. This is equivalent to 1/2 chicken breast.

Sample Menu No. 2 contains approximately 1540 calories, 22% fat and 55% carbohydrate. Removing the skin from chicken prior to eating reduces the saturated fat and calories contained in the skin. Pastas are excellent choices for low fat, low calorie meals. Seasonal fruit adds interest and variety to low-calorie meals.

SAMPLE MENU NO. 3

Soup and Sandwich Lunch

8 ounces chicken noodle soup
1/2 submarine sandwich
Tossed green salad with raw vegetables
1 tablespoon low-calorie French dressing
8 ounces skim milk
1 raw medium apple or other fresh fruit

Approximate/y 500 calories and 24% fat. Note that 1/2 submarine sandwich is served and the soup is a broth type which is lower in calories.

Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE **SPARINGLY**

KEY

- ◐ Fat (naturally occurring and added)
- ◑ Sugars (added)

These symbols show fats, oils, and added sugars in foods.

Milk, Yogurt,
& Cheese
Group
2-3 **SERVINGS**

Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 **SERVINGS**

Vegetable
Group
3-5 **SERVINGS**

Fruit
Group
2-4 **SERVINGS**

Bread, Cereal,
Rice, & Pasta
Group
6-11 **SERVINGS**

